



**IDAHO TIME SENSITIVE
EMERGENCY SYSTEM**
TRAUMA | STROKE | STEMI

Teens and Driving Prevention

On behalf of the Region 3 TSE Trauma sub-committee

Safe Driving Tips

Things to think about every time you
get into a vehicle

You do not want to end up like this...



Or this...



Or this.....



Check list

- Do a walk around of vehicle
- Check all fluids weekly
- Adjust your driver's seat
- Wear your seatbelt
- Check and adjust all mirrors
- Check transmission, in park
- Check that parking brake is on
- Foot on brake when starting vehicle

Alcohol and Driving

- Alcohol and driving do **not** mix
- Never get behind the wheel if you have consumed any alcohol
- You do not want to injure yourself
- You do not want to injure or kill any of your friends, or other people
- You do not want a DUI on your driving record

Alcohol related accident



Under the influence?



Texting while driving

- 2013 Teen Driving Report.
 - Survey of more than 2,500 11th and 12th graders
 - Sponsored by Liberty Mutual and SADD
 - What are teens thinking when they get behind the wheel of a car?

Texting while driving

- What percentage of teens, 11th and 12th graders, feel texting while driving is distracting? (Liberty Mutual 2013 report)
- A. 32%
- B. 45%
- C. 48%
- D. 62%
- E. 70%

Texting while driving

- What percentage of the same 11th and 12th graders still admit they read or respond to texting while driving? (Liberty Mutual 2013 report)
- A. 20%
- B. 32%
- C. 50%
- D. 68%
- E. 78%

Texting

- Nearly half (47 percent) of the teens who say they never text while driving still admit to texting when: (Liberty Mutual 2013 report)
- A. in a parked car
- B. waiting for a red-light
- C. at a stop sign
- D. only in parking lots
- E. as they are backing up

Differential definitions?

- Nearly all teen drivers (96%) understand that using a cell phone while driving is at least a little distracting.....and
 -Yet a majority admit to using a cell phone behind the wheel.
- Liberty Mutual 2013 Teen Driving Report

Think before you act...



Good statistics also...

- For instance, nearly all the teens surveyed—more than 90 percent said they've asked a driver to hand over their cell phone so they (the passenger) could send the text for their driver friend.
 - Liberty Mutual 2013 Teen Driving Report

Big Rig rear ends Big Rig



Driver survived



This one didn't



High speed roll-over



Freeway closed





Distracted Driving

- According to the CDC website, in 2012 distracted driving contributed to more than 16% of all fatal crashes. This equaled 3,360 deaths in 2012. In addition, another 421,000 were injured in 2012 in accidents caused by distraction.
- Teens are the most distracted. A study found teen drivers are distracted 6 out of 10 moderate-to-severe teen crashes. (AAA Foundation for Traffic Safety)
- 12% of teen crashes were due to cell phone use (AAA Foundation for Traffic Safety).
- In 2013, 16-19 year olds were involved in 963,000 police reported crashes: 383,000 injuries & 2,865 deaths.
- YIKES!!! That is a lot of teenagers!!

Other distractions

- GPS units
- Changing radio stations
- Hooking up your MP3 player
- Headphone wearing
- Loose pets in the car
- Other drivers on the road
- Learning how to drive: use of mirrors, signals, brake pedal, and transmission shifts

Outside distractions

- Weather
- Road conditions
- Other drivers
- Mechanical issues
- Emergency vehicles
- Day/Night driving

Distracted Driving

- <https://www.youtube.com/watch?v=cs0iwz3NEC0>
- <https://whatdoyouconsiderlethal.com/videos/whats-lethal>
- Think about it. When you get your driver's licenses please do not text, play with the CDs, put on makeup, or do anything else that will take your eyes off of the road for any length of time. Put the trauma center out of business!

Road conditions



Other drivers



Daniel Hulshizer / AP

Emergency vehicles



Night driving





Safety when Driving

- You can decrease the risk of having an accident or being involved in an accident if you:
 - Wear your seatbelt
 - Keep a safe distance between you and the car in front of you
 - Drive slower in inclement weather
 - Drive defensively, leave yourself an out
 - Don't drive in other vehicles' blind spots
 - Report drunk drivers to 911



Summary

- Many distractions for drivers today:
 - Cell phones
 - Texting
 - Weather
 - Road conditions
 - Other drivers actions, road rage
 - Emergency vehicles

In Conclusion...

- You can only control what you do, you cannot control what others do.
- You must drive defensively.
- You must be responsible for your actions.
- You have the ability to drive safely and courteously on the road.
- The most important part of any car is the driver.

Are you kidding me...



*“Yesterday is experience. Tomorrow is hope.
Today is getting from one to the other as best
we can.”*



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